



The Runners' Den

Invites YOU & your friends to

... WALK – ON!

Discover how to engage your whole-body walking!

Meet
Sheri Simson

North America's
Pole Walking Professional
and
Health & Fitness Expert . . .



Come learn about the European Fitness Secret of Pole Walking and how it can

Take Your Walk to the next Level:

- ◆ Strengthen & tone your whole body
- ◆ Burn-up to 48% more calories
- ◆ Naturally correct body posture
- ◆ Lessen impact – 26% off lower joints
- ◆ Increase cardio a min of 20%
- ◆ 30min = 50min regular walking!

Sign-up

FREE - Pole Walking Clinic

Here at The Runners' Den

Time: Tuesday, **June 25th** 2019 @ **6:30PM**

Place: 239 Newport Drive, Port Moody

Contact Phone: 604-461-8330

NO Poles Necessary – FREE Demo Poles Available. . .

More info at: www.keenfit.com or call us at 1-877-Keenfit (533-6348)